



2011 10 & UNDER “INSTRUCTIONAL” FAST PITCH LEAGUE RULES

(No standings will be kept, no trophies will be awarded and no play-offs)

(Play dates: Sat., May 14, 21, June 4, 11, 18)

(All play is at Rice & Arlington ball fields)

This program is designed to get the girls on the field and learn the fundamentals of hitting, throwing, fielding & pitching. Our goal is to teach the basic fundamentals of fastpitch softball and to have FUN.

1. Pitching Machine will be used the first 2 weeks for all teams. Coaches will work machine. After 2nd week, the machine will be optional for teams. Teams will be allowed to go to live pitch if they want.
2. Coaches will umpire. Coaches can pick a person mutually agreed upon to umpire too.
3. Teams will play one 5 inning game each week. Legal game is 3 innings.
4. Team Roster limit: 15 Rosters are to be turned into the Municipal Athletics Office by the first game. You have until the half way point of the season to contact the Municipal Athletics office and submit, in writing, changes to the roster.
5. Home team is listed second on schedule.
6. NO METAL SPIKES
7. All batters, on deck batters and non-adults in the coach's box must wear a double ear flapped helmet with face guard and **chin straps**.
8. Catcher's Equipment: NOCSAE approved mask with throat protector & helmet, chest protector, and shin guards required. NOTE! Any player warming up a pitcher (any where) must wear the official catcher's headgear.
9. Each team will supply a new ball for each game.
10. Ball: 11" - yellow optic fastpitch with red stitch COR of .47
11. NAFA uses a bat standard, as defined by the NCAA. Shall not be more than 2 ½ in. (6.0 cm) in diameter at the largest part.
12. Players may play on more than one team if they are in different age groups and the person is eligible by age in both.

NAFA RULES APPLY. THE FOLLOWING ARE COMMON RULE QUESTIONS AND SOME ST. PAUL EXCEPTIONS:

1. A player's age on January 1, 2011 determines the age division in which they are eligible to participate during this season.
2. Pitching distance - 35 ft. Base distance - 60 ft.
3. If both coaches mutually agree, the pitching distance can be 30 ft. for struggling pitchers.
4. Time limit: 1 hour No new inning may start after that.
5. 10 run rule after 3 complete innings (2 ½ if home team is ahead).
6. Teams must be at game site, with a minimum of 8 rostered players that are ready to play, no later than 10 minutes after the scheduled game time before a game is declared a forfeit.
7. Teams may start and finish with 8 players (ninth spot is an out). If you drop to less than 8, the game is a forfeit. If the opposing team gives the shorthanded team the number of players needed to play, the game will be considered a legal game.
8. No pitcher can pitch more than 3 innings in one game.
9. 3 coaches max. & players may be on the bench or coaching the bases. All coaches must be certified. Coach's badges must be worn during all games. No coach's children or others allowed on the bench.
10. Sliding – girls do not have to slide, however they must avoid any collisions if they go in standing up.
11. Batting – line up must consist of all players hitting. Players may rotate on defense at any time. Teams must notify the umpire & opposing team of any changes.
12. Pitching Rubber – pitchers must have one foot on the rubber when releasing the ball.
13. Throwing the Bat – hitters that throw their bat while batting will be given one warning, after that the batter will be called out.
14. If a pitched ball is dropped by the catcher on a third strike, the batter is out and the ball is dead. No stealing.
15. In field fly rule will not be enforced.
16. Stealing is allowed in player pitch games only. Dropped 3rd strike, runners can only advance home on a batted ball, base on balls, or hit batter with the bases loaded, or on an awarded base by the umpire. Runners may advance to 1st base on a dropped third strike. Catchers must tag or throw the runner out on a dropped third strike, unless bases are loaded. If your team is ahead by more than 10 runs you may not steal. When the bases are loaded, runners cannot advance on a dropped third strike. Runners may only advance one base on a steal attempt.
17. Dropped 3rd strike – catchers must tag or throw the runner out at 1st, unless bases are loaded.
18. If a batter is awarded first base on a walk they can not advance (steal) to second base on that play.
19. A five run rule shall apply. A team is limited to scoring (5) runs per inning. In such innings when play is stopped due to the five run rule, the last player to bat shall be considered the third out. The last inning will be 3 outs with no run limit.
20. When your team is ahead by 10 runs, your turn at bat will consist of 3 outs or once through the batting order, whichever comes first.
21. No jewelry. You cannot tape over earrings. Medic Alert & religious medals are allowed but must be taped to the body & not be visible.